

1 **1.** An exercise device comprising:

2 a frame including a substantially longitudinal portion;

3 a base adapted for linear motion and supported by said substantially longitudinal portion of said
4 frame;

5 a multi-position lock mounted to said frame, said lock enabling a plurality of secure angular
6 orientations relative to said frame;

7 a bar adapted to couple to said multi-position lock; and

8 a head portion pivotally mounted to said frame and including a spring releasably coupled to said
9 frame thereby, when engaged said spring allows resistance to movement of said head
10 portion.

1 **2.** The exercise device as in claim 1, wherein said longitudinal portion of said frame and
2 said base adapted for linear motion are in combination comprised of a male and a female tube
3 that telescope relative to one another.

1 **3.** The exercise device as in claim 1, wherein said multi-position lock is comprised of a first
2 portion releasably secured to a second portion, the first portion mounted to said frame and said
3 second portion adapted to receive said bar.

1 **4.** The exercise device as in claim 1, wherein said bar is further comprised of a free end, a
2 handle and a flexible portion.

1 5. The exercise device as in claim 4, wherein said flexible portion is comprised of a coil
2 spring that is mounted between said free end and said handle.

1 6. The exercise device as in claim 1, wherein said head portion includes a head frame
2 mounted to a head support, said head frame mounted to said spring.

1 7. The exercise device as in claim 6, wherein said spring is comprised of a torsion spring.

1 8. The exercise device as in claim 1, wherein said spring is releasably coupled to said frame
2 by way of a locking pin and a spring ear.

1 9. The exercise device as in claim 8, wherein said locking pin is movably mounted to said
2 frame and said spring ear is mounted to said spring.

1 10. The exercise device as in claim 1, wherein said base includes at least one wheel capable
2 of articulation on a supportive surface.

1 11. An exercise device comprising:
2 a frame;
3 a base adapted for linear motion and supported by said frame;
4 a multi-position lock mounted to said frame, said lock enabling a plurality of secure angular
5 orientations relative to said frame;

6 a bar adapted to couple to said multi-position lock; and
7 a head portion pivotally mounted to said frame and including a spring releasably coupled to said
8 frame thereby, when engaged said spring allows resistance to movement of said head
9 portion.

1 **12.** The exercise device as in claim 11, wherein said frame and said base adapted for linear
2 motion in combination are comprised of a male and a female tube that telescope relative to one
3 another.

1 **13.** The exercise device as in claim 11, wherein said multi-position lock is comprised of a
2 first portion releasably secured to a second portion, the first portion mounted to said frame and
3 said second portion adapted to receive said bar.

1 **14.** The exercise device as in claim 11, wherein said bar is further comprised of a free end, a
2 handle and a flexible portion.

1 **15.** The exercise device as in claim 14, wherein said flexible portion is comprised of a coil
2 spring that is mounted between said free end and said handle.

1 **16.** The exercise device as in claim 11, wherein said head portion includes a head frame
2 mounted to a head support, said head frame mounted to said spring.

1 **17.** The exercise device as in claim 16, wherein said spring is comprised of a torsion spring.

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1 **18.** The exercise device as in claim 11, wherein said spring is releasably coupled to said
2 frame by way of a locking pin and a spring ear.

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1 **19.** The exercise device as in claim 18, wherein said locking pin is movably mounted to said
2 frame and said spring ear is mounted to said spring.

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1 **20.** The exercise device as in claim 11, wherein said base includes at least one wheel capable
2 of articulation on a supportive surface.